

Hubungan Posisi Kerja Duduk dengan Keluhan Nyeri Punggung Bawah Pada Dokter Gigi Saat Melakukan Tindakan Penambalan Gigi Posterior Kiri Rahang Atas di Puskesmas Wilayah Kerja Surabaya Selatan

(The Relation Between the Work Position With the Back Pain Complaints During the Left Posterior Teeth Patching of The Maxilla in the Public Health Center of South Surabaya)

Background: The position of a natural labor and ways of working that are not ergonomic for a long time can cause a variety of health disorders at the dentist one that is disruption movement on certain body parts like hands, neck arms and back or called musculoskeletal. One of the very troubling musculoskeletal disorders work is a pain in the lower back. A dentist is the formal sector, where workers at the time of the treatment to the patient the dentist doing repetitive movements, hand gestures with the power, position and flexion extensions, hand positions, the position of the static part of the upper and lower parts of the body are not ergonomically, that causing stress on the tissue around the muscle.

Purpose: The purpose of this research is to know the working position relationship sitting with complaints lower back pain at the dentist because dental patching actions left posterior maxilla in clinics with working area south of Surabaya. **Methods:** This research uses the approach of cross sectional. The population in this research is the whole dentist clinics working area south of Surabaya 31 people. Sample research totaled 31 respondents. Research instrument in the form of a questionnaire and camera. Data were analyzed with the rank correlation test spearment. **Research:** The research results obtained by that there is a relationship between the working positions ($p = 0,411 < 0,05$) with the complaint of lower back pain at the dentist because the teeth patching act left posterior maxilla. Of 31 samples, entirely positive of having lower back pain complaints just that risk because the position is works differently.

Conclusion: suggestions for dentists are expected to do regular breaks after doing treatment to the patient for 10-15 minutes by doing stretching to reduce the risk of musculoskeletal.

Keywords: Work Position, Lower Back Pain Complaints.